



Concord Carlisle Youth Baseball Pitching Eligibility Rules

Rest Days

0 Rest Days:	1-20 Pitches
1 Rest Days:	21-35 Pitches
2 Rest Days:	36-50 Pitches
3 Rest Days:	51-65 Pitches
4 Rest Days:	66+ Pitches

Items to Note

Players ages 9-10 can throw a maximum of 75 pitches per game. Players ages 11-12 can throw a maximum of 85 pitches per game.

Pitching rules are applied across all leagues. For example, a player who throws 25 pitches in a Rebels game SAT morning cannot pitch in a Town game SUN night.

Rest days are considered a full calendar day, not 24 hours. For example, a player who throws 25 pitches on SAT morning cannot pitch again on SUN night.

No player is allowed to pitch in two separate games on the same calendar day regardless of how many pitches are thrown in the first game.

No player is allowed to pitch on three consecutive calendar days regardless of how many pitches are thrown in each of the first two days.